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Working towards a smoke free future



I want to **QUIT TOOLKIT**

Congratulations on taking this first step towards your smoke-free future. Smoking is a tough addiction, but you can break it.

Giving up smoking isn't easy. A lot of people have tried to give up and struggled, but there are also lots of people who have managed to break their addiction. The important thing is that you are trying. There will be tough days, you might sometimes slip up or feel like it's impossible, but the key is to keep going. Every cigarette makes a difference.

Tools to help

To support you on this journey, we have created a digital toolkit designed to guide and inspire introspection to help you quit. This handbook and journal can be done digitally by clicking on shortcuts and typing responses throughout. Click the "Home" icon on each page to return back to the start. Or print and write your responses and entries by hand. Whatever works for you, we hope this can help you along the way.

The Digital Book

We have created this book as a guide to quitting. It has some information about the dangers of smoking and the benefits of quitting. As well as some tips to help you kick the habit.

The Progress Journal

Keeping records are imperative to help understand progress. This digital journal is designed to track the highs and lows of your journey. Here you can record how you're feeling about the quitting journey.

Your sponsor will be there to help you every step of the way, but if you need some additional support, please tell them so they can arrange this for you.



A Quitting Success Story:

Jane quit for good. She's been smoke-free for eight years and it has changed her life - from little habits to big ones.

"I gave up smoking almost 8 years ago and couldn't feel more proud of myself. I started smoking when I was 14 years old. So after 12 years of smoking it was a struggle to give up the bad habit. **The hardest smoke to give up was the one I had with an alcoholic drink.** Whenever I went out with my friends for a few drinks, I found it difficult to not smoke. After a number of times caving in and having a cigarette, I thought to myself: 'I can't keep doing this,' so I quit drinking for a while until I taught myself to have a drink without a smoke. **It took some time but it's the best thing I've ever done.** Now I can go out with my friends for drinks without thinking twice about having one. Now I'm 35 years old with two kids and a smokefree household. **I'm so grateful that I quit, especially before my kids saw me smoking, as I think this teaches them it's ok to smoke. I truly believe that if you want to quit, you can if you just keep trying.**"

5 Reasons why you can quit

- 1) Just by reading this you have taken the first step!** Just being here means you're considering quitting smoking. It shows real strength of character to take this first step.
- 2) You don't have to do it alone** – your sponsor is here for you and if you need extra support we can arrange it.
- 3) You don't have to rely on willpower.** We recommend using Quitline with either a nicotine replacement therapy product or a quitting medication to help with nicotine withdrawal symptoms and cravings.
- 4) Other smokers have done it and so can you** – while your quitting story will be unique, it's likely others will have struggled with some of the challenges you'll face.
- 5) Because you have a good reason.** Whether it's for financial, health or family reasons, this reason is unlikely to go away, so keep it in your mind whenever you need a motivation boost.



Reasons to Quit

The effects of smoking on the body

It's hard to imagine how much of your body is being affected by smoking. Most people know that smoking is bad for your lungs, but unfortunately, smoking affects much more of our bodies than that.

WRINKLY SKIN

You can expect wrinkles, sooner. Smoking speeds up your skin's aging process. It can make the skin of a 40-year-old look like that of a non-smoking 70-year-old. This damage can't be undone and can worsen many skin diseases, including skin cancer.

DAMAGED JOINTS

Smokers are more likely to get rheumatoid arthritis (RA). Medications for RA don't work as well on people who smoke. Scientists aren't sure why.

DETERIORATING EYES

Smoking makes you twice as likely to get macular degeneration, an eye condition that destroys the central vision you need to read, write and see other people's faces. You're also three times as likely to develop cataracts, which cause blurry vision.



The effects of smoking on the body

SEXUAL DYSFUNCTIONS

It's true: Male smokers are more likely to have erectile dysfunction (ED). The more you smoke, the worse it can get. Men who smoke are also more likely to get testicular cancer. Female smokers are more likely to get cervical cancer.

GUM DISEASES

Tender, bleeding gums; painful chewing; bad breath: Gum disease is the leading cause of tooth loss. If you smoke, you're twice as likely to have it, and the more you smoke, the greater your risk.

DIGESTIVE SYSTEM ISSUES

Peptic ulcers, Crohn's disease, colon polyps, pancreatitis (inflammation in your pancreas), and cancer of the pancreas are some of the illnesses related to digestion you're more likely to get if you smoke. You're also 35% more likely to get type 2 diabetes, which affects your liver and pancreas.



BRAIN DISEASE

If you smoke, you're more than 3 times as likely to have a stroke - a blood clot in the brain that can cause any number of problems, including facial paralysis, blurred vision, trouble walking, and even death. You're also more likely to have high blood pressure, which can lead to a cerebral aneurysm. This is when the wall of a blood vessel in your brain balloons out. It can leak or burst and spill blood into the nearby tissue.

LUNG DAMAGE

Lung cancer -- linked to smoking 90% of the time -- is the top cause of cancer deaths in the U.S. in both men and women. Smoking increases the chances of other forms of cancer, including cancers of the mouth, kidney, liver, bladder, pancreas, stomach, colon, and rectum. It's also a major cause of COPD (chronic obstructive pulmonary disease), a group of diseases that damage the tiny air sacs in the lungs.

HEART DISEASE

Smoking is a major cause of heart disease, which more people in the U.S. die of than all cancers combined. It hardens and narrows your arteries, and it causes your blood to thicken and clot, which could cause a heart attack.





9 things you'll gain from quitting



1. Improve your health

The health benefits of quitting smoking begin just six hours after your last cigarette! And the longer you stay off it, the healthier you'll be.

2. Save money

Want an extra \$9000 a year? If you smoke a 20-pack a day, that's how much you'd save if you quit. Work out how much you could save – it's a powerful motivator.

3. Regain control

At times you might feel like smoking controls you. Quitting can give you a sense of freedom, lift your mood and boost your confidence, as well as other areas of your life.

4. Positive role model

Quitting sets a great example for the children, family, friends and others around you. It can even reduce the chances of them taking up smoking themselves.

5. Family time

Quitting can give you more energy to play with your kids and more money to spend on them too.

6. Protect others

Second-hand smoke can harm others. Quitting is the only way to protect your family and friends.

7. Less hassle

It's a hassle having to make sure you have enough cigarettes with you or enough money to buy them when you run out.

8. Healthier appearance

Smoking ages your skin. It also makes your clothes, hair, house and car smell terrible. When you quit, your teeth become whiter, nicotine stains on your fingers fade and the skin of your face will show less signs of aging.

9. Better surgery outcomes

If you're having surgery, quitting can lower your risk of complications and help with recovery and healing. Your surgeon is obliged to talk to you about the risks of not quitting.



Understanding Withdrawal

Nicotine is the main addictive substance in cigarettes and other forms of tobacco. Nicotine is a drug that affects many parts of your body, including your brain.

Over time, your body and brain get used to having nicotine in them. About 80–90% of people who smoke regularly are addicted to nicotine. When you stop smoking, your body has to get used to not having nicotine. That's withdrawal. Withdrawal can be uncomfortable.

Craving cigarettes, feeling sad or irritable, or trouble sleeping are some common symptoms. Some people say it feels like a mild case of the flu. For most people, the worst symptoms last a few days to a few weeks. Managing withdrawal symptoms will help you feel better and be prepared for those tougher moments.

You Can Prepare for Withdrawal

Withdrawal feelings usually are the strongest in the first week after quitting. Many people don't like how withdrawal feels. So some people start smoking again to feel better. The first week after quitting is when you are most at risk for a slip. It helps your quit attempt to be prepared and know what to expect so you can stay smokefree.

One way to be prepared is to use nicotine replacement therapy (NRT). NRT can be helpful for dealing with withdrawal and managing cravings. Almost all smokers can use NRT safely.

In addition to using NRT, prepare for withdrawal with SmokefreeTXT, a mobile text messaging service that offers 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit. It is a 6–8 week program, depending on when you set your quit date. You can get messages up to a week before your quit date to help you learn what to expect when you quit and prepare for withdrawal.



Managing Withdrawal

Nicotine withdrawal is different for every smoker. Every smoker feels different during withdrawal.

“The most common symptoms include:

- **Having cravings for cigarettes**
- **Feeling down or sad**
- **Having trouble sleeping**
- **Feeling irritable, on edge, or grouchy**
- **Having trouble thinking clearly and concentrating**
- **Feeling restless and jumpy**
- **Having a slower heart rate**
- **Feeling more hungry or gaining weight**

You may have tough days and easy days with these symptoms. Over time, the symptoms and cravings will fade as long as you stay smokefree. Medications and changing the things you do can help you manage withdrawal symptoms.

Nicotine Cravings

For many smokers, cravings for a cigarette last much longer than other symptoms of withdrawal. Many people are surprised when cravings sometimes happen without warning. Cravings can be set off by reminders of smoking. These reminders are often called triggers. People, places, and things can trigger a craving. This means it's important to have a plan for how you'll handle a craving when it hits.

The good news is that most cravings last for only 15-20 minutes. Finding ways to get through that short period of time is a key way to deal with cravings. Anything that can distract you and keep you busy can be helpful. Getting active also can work. A 15-minute walk can help you distract yourself until the craving passes. Most smokers who try nicotine replacement therapy find it helpful for getting through withdrawal and managing cravings.

Nicotine Withdrawal Isn't Dangerous

Withdrawal can be uncomfortable and some people may feel high levels of symptoms. But there is no health danger from nicotine withdrawal. In fact, quitting smoking is the best thing you can do for your health. Even extreme withdrawal symptoms will fade over time.

Some people feel increased sadness after they quit smoking. Watch for this, especially if you've ever had depression. Take a quick quiz to find out if you have signs of depression. If you become depressed or are having extreme sadness, let a friend or family member know, and think about talking to your doctor.



Breaking the smoking pattern

Tackling your triggers head on

Being aware of what makes us want to smoke is an important part of the quitting process. Things that make us want to smoke are triggers. Did you know that the things we do, the people we see, the places we go and the way we feel can make us want to smoke? You might be stuck in traffic, having your morning coffee or catching up with a friend. All of a sudden you really want a smoke. Some cravings strike because your body wants nicotine. There's often more to it. Many cravings happen because the brain links certain routines and emotions with smoking. Routines (such as your morning coffee) or emotions (like anger) can trigger a craving.

So how can you tackle those triggers? The first step is to know your triggers. Then you can change your routines and teach your mind to not expect a cigarette. Here are some tips to help you do that:

Step 1: Identify your triggers

Think about when you smoke – it might help to keep a journal at first. Write about what you were doing or feeling at that time when you felt like a smoke. This will help you work out your triggers. Here are some examples of common triggers:

- Having your morning coffee
- Catching up with a friend who you used to smoke with
- After a meal
- When you're drinking alcohol
- Feeling angry at your kids
- When you're stuck in traffic
- When you feel stressed at work
- When you feel bored
- When you finish a task or a job

As you work through your journal over the 3 weeks, you will identify different situations which trigger you to want to smoke. Coming up with ways to combat smoking triggers will be an important part of your quitting journey. We have created some ideas for you to try in the pages that follow. Ultimately it will be up to you to test and see what works best for you.



Tips to help you resist cravings



1. Smile

Did you know that the simple act of SMILING releases some great chemicals that come from the HAPPY part of our brain? The BIG FOUR great chemicals/hormones are: Endorphins, Dopamine, Serotonin and Oxytocin. SO SMILE!!! Your smiling face is leading you in the opposite direction to your smoking face!

2. Lend a hand

Look around you – there will be someone close who you could help with something, anything – offer your assistance to someone (and by the way – being kind also releases those happy hormones!) So be kind!!!

3. Chew gum; suck a lollipop (or carrot)

Go easy on these – they're not great for teeth and gums. Deliberately choose to eat a piece of fruit or a vegetable, like a carrot (these ARE great for teeth and gums); suck a peppermint, so suck on something else!!!

4. Phone a friend

Strike up a conversation with someone; perform a task – do the washing up, ironing, washing, make your bed, so keep those itchy fingers busy!!!

5. Write an entry in your journal

Pat yourself on the back for being able to say that "once again, I've resisted the urge to have a smoke" so give yourself confidence to win the battle!!!

When you feel the urge to have a smoke try to distract yourself, there are lots of things you can try, test them out and see what works best for you.



Coping with stress without smoking



Managing stress is a key part of quitting smoking. You may have learned to deal with stress by smoking. But there are ways to handle stress without smoking. Here are a few ideas you might find helpful. Try one or more to learn what works for you.

Relax: Our bodies respond to stress by releasing hormones that increase your heart rate and raise your blood pressure. Practicing relaxation techniques, like the ones below, may improve your health and help you handle your stress in positive ways.

Breathe: Take a few slow, deep breaths—in through your nose, out through your mouth. You will feel your body start to relax.

Locate Your Stress: Take a minute to figure out how stress affects your body. Where do you feel tension in your body? Finding ways to reduce that tension will also help your mental stress. A warm bath, a massage, or stretching can help you release built-up tension.

Visualize: Think of a place where you feel safe, comfortable, and relaxed. Picture it as clearly as you can,

including imagining what you would feel, hear, and maybe even smell if you were in that relaxing place. Let yourself enjoy being there for a few minutes.

Exercise: Being active sends out natural chemicals that help your mood and reduce your stress. Sometimes a short walk is all it takes to relieve stress. And walking is free!

Talk: You don't have to deal with stress alone. Share your feelings with friends, family, and other important people in your life who are able to support you in staying smokefree.

Focus: Life can sometimes be overwhelming. Try not to get caught up in worrying about what's next. Instead, try to focus on what is happening now, not what you might have to deal with in the future.

Care: Make an extra effort to take care of yourself. This includes basic things like eating a balanced diet, drinking lots of water, and getting enough sleep.

Do Good: Doing something nice for others can make your day a little better too. Being caring toward others helps you reduce your own stress.

Decaffeinate: Caffeine can help you stay awake, but it also can make you feel tense, jittery, and stressed. Cutting back or even doing away with caffeine can help reduce your feelings of stress. Switching to herbal tea or even hot water with lemon gives you a chance to enjoy a hot beverage but without the caffeine.

Accept: Life is full of twists and turns. You'll always have some stress in your life. It helps to understand that there will be good days and bad days.



Why do I want to smoke so much when I drink?

Most people crave alcohol when they are smoking, and crave cigarettes when they are drinking. Why is this?



Nicotine and alcohol - a bad mix

Nicotine actually changes how the brain responds to alcohol, which means more alcohol is needed before you get the same feel-good response that a non-smoker gets after a couple of drinks. Meanwhile, the alcohol increases the level of feel-good chemicals produced in the brain by nicotine.

Smoking makes hangovers worse!

If you smoke you're more likely to have hangovers and to have worse hangovers than non-smokers. This is probably because cigarette smoke contains a chemical called acetaldehyde, which is also present in alcohol and is thought to be behind those nasty hangover symptoms. How much money could you save, and how much better would you feel, if you weren't blowing money on smokes and booze?

How to manage quitting and alcohol

The best thing you can do is steer clear of Friday or Saturday night drinks, just for a few weeks until your body gets used to being smokefree.

If that's not possible, use these tips to fight the urge to smoke when you're around alcohol and cigarettes:

- Take something to keep your hands busy – playing with your necklace, watch or phone can help.
- Take a walk around the block or jump in a taxi if it's getting tough.
- Consider what you'll say to people if they offer you a smoke. Something polite like 'No thank you, I don't smoke anymore' is a good idea.
- Ask your friends to support your decision to quit smoking and to not offer you cigarettes.
- Stick to one or two drinks, or drink water between drinks. Too much alcohol can weaken your plan to quit smoking and make you more likely to slip up.
- Be wary of the "just one" thought. It usually leads to full-time smoking again and non-smokers don't need "just one" anyway.

Each time you resist a craving you're helping your mind to break the link between that activity – such as drinking and smoking. You're teaching yourself to be a non-smoker, one day and one habit at a time.



How to handle occasional slip ups

Building up resistance to cigarettes is like working out a muscle. Each time you resist the urge to smoke, you are strengthening your willpower. So if you slip up during your journey it is ok. If it happens, don't beat yourself up. You've still got all that willpower muscle you've built up!

It's just a delay on your journey

Whether you've had one or two cigarettes or even started smoking again, don't be too hard on yourself. Many ex-smokers tried to give up several times before they succeeded, so there's no need to worry.

A slip-up here and there does not mean you've failed. Just keep going and you can still reach your goal. Read on for some action plans.

A Little Slip-up

- one or two cigarettes

- Your attempt to quit isn't over
- Admit you've slipped up and forgive yourself
- Get rid of your cigarettes and lighter or matches
- Try to remove yourself from the situation that led you to smoke
- Think about what tempted you, so you can avoid that thing in the future
- Develop a plan to deal with tricky situations such as parties and coffee breaks
- Seek support from friends, family or colleagues

Most importantly, congratulate yourself on the dozens of cigarettes you haven't smoked since you quit rather than dwelling on the one or two you have just smoked. Every cigarette you don't smoke is a little win, and eventually they will add up to the big win of being smoke-free for good.



No matter what happens, keep trying. This will be a tough journey but the fact that you are considering this challenge demonstrates that you have a tremendous amount of strength.

A Medium Slip-up

- a few cigarettes in one session

- Your attempt to quit isn't over
- Admit you've slipped up and forgive yourself
- Think about what made you do it, and if it was triggered by a habit such as going to the pub or responding to a stressful situation
- Mentally rehearse how you'll deal with that situation next time
- Learn from the experience rather than feeling bad, which will make you less likely to slip up again
- Try a simple breathing exercise to keep yourself calm
- Seek support from friends, family, colleagues and Nicabate

If you've been using a nicotine replacement therapy such as Nicabate, check that you're using the right strength and are following the directions for use. Gum and Minis could help get you through tricky situations in the future.

A Big Slip-up

- falling back into your old habit

- Take a little time to think about what's happened and why
- Remind yourself how you've avoided temptation in the past, and think about how it compares with the situation that led you to slip up
- Have a think about the best way to quit for you, which may be something you haven't tried yet
- When you're sure you're committed to quitting again, choose a new quit date
- Get ready for giving up again and remind yourself of your motivations to quit
- Seek support from friends, family, colleagues and Nicabate

It's a good idea to write down any positive lessons you have learnt from your slip-up, and keep them in mind running up to your next quit date. This is also the time to remind yourself of all the really good reasons you want to give up smoking.

We've created space in your Progress Journal for you to reflect on the things which helped you resist smoking as well as a place to note the things which triggered any slip-ups.



How else can I get help quitting?

Nicobate patches and the quit helpline are 2 other excellent ways to get help quitting.



NICABATE 24-hour patch.

Helps prevent the urge to smoke all day long

- Gets to work fast, and keeps working for 24 hours to help control your cravings
- 10-week step-down program allows you to gradually help control your need for nicotine
- NICABATE Patches are clear and a discreet method to quit smoking.

The NICABATE PRODUCTS LISTED ABOVE COST ON AVERAGE **\$30.00** (depending on which product and how many the pack contains)

Seven (7) NICORETTE PATCHES will cost around **\$20** (online purchase)

Seven (7) NICOTINELL PATCHES will cost around **\$16** (online purchase)

NICABATE products are available at selected pharmacies and retail outlets nationally. NICABATE products can also be purchased in store or online from these outlets:





Nicotine replacement therapy

(NRT) products: quick tips

Can I use NRT if I've smoked? Unless you've gone back to your old smoking habits, don't stop using your NRT product. It's not harmful to have a cigarette while using a patch, gum, lozenge, mouth spray or inhaler.

How long do I keep using NRT? Use for at least eight weeks. Twelve weeks is even better.

NRT in the morning or afternoon? Patches are placed on in the morning and left on all day. If you're using gum, lozenge, mouth spray or inhaler, try to use over the whole day rather than in clumps. Also, rather than waiting for cravings to hit, try to anticipate them.

Can I use NRT before and after food? Leave at least 15 minutes before using the gum, lozenge, spray or inhaler. You can eat after (but not during) using them. Food or acidic drinks can limit absorption of NRT.

Do I just wait for a craving before taking NRT? It's best to try to anticipate your cravings when using gum, lozenge, spray or inhaler. Use the NRT product at the times you would have smoked.

Why do I have hiccups? Hiccups are usually a sign that you're using the NRT product the wrong way. You're swallowing the nicotine rather than letting it get absorbed by your mouth. Park that gum, don't chew that lozenge and make sure the spray goes under the tongue!

Do I puff the NRT inhaler like a cigarette? Take frequent little sips of the inhaler (don't inhale deeply). As a tip, think of how many puffs you would normally take of each cigarette you would have had and multiply that by eight. If you puff your morning cig 10 times, take 80 little sips on the inhaler as soon as you wake.

I'm using the NRT mouth spray. Why does my throat hurt? Spray the mouth spray under tongue or into side of your mouth (not into the back of your throat).

Why is my skin itchy where I put the NRT patch? It's important to keep moving the patch around each day – try not to place it in the same spot. You can put it anywhere on your arms, stomach, chest or back.

Can I use two NRT products? You can use combination therapy, which is when you use patches plus mouth spray, gum, lozenge or inhaler. In fact, combination therapy with Quitline support is one of the most effective ways to quit smoking.



The Quit Line

Quitline has proven to be one of the most successful methods to support people to quit for good.

The Aboriginal Quitline is a culturally-sensitive, free and confidential telephone service providing customised assistance to help you with your quit smoking journey. You can access the Aboriginal Quitline by calling **13 7848** and asking to speak to an Aboriginal Quitline counsellor.

Your Quitline counsellor will provide a safe environment to discuss your smoking and any other life circumstances which may be contributing to your smoking.

The service is available 8.00 am to 8.00 pm Monday to Friday.

Your quitline counsellor can help you to:

- Create a plan for quitting smoking
- Give you information about different quitting methods and products
- Link you up with other local support groups
- You can also arrange ongoing support where your counsellor will call back and check on your progress.



Got cravings?

Call the Quitline ~ 13 7848

“

**You are
greater
than your
addiction.**

NASIA DAVOS



Let's Quit

Digital Journal

**Got cravings?
Call the Quitline ~ 13 7848**

Working towards a smoke free future



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Week 3 Completion & Reflection

Progress Journal

A place to keep track of your progress.

This is a reflection journal. It's a place for you to record your progress as well as what's helping you to give up and what's holding you back.

What's inside?

- **Reflection spreads** so you can assess where you are at currently and what a smoke-free future would feel like
- **Journal spreads** for you to fill out each day
- **Weekly challenges** as a way of looking at your habit through different lenses



Getting clear on YOUR WHY:

**Knowing why you want to quit is essential.
When cravings hit, you will need to focus on your
reasons for quitting to get strength.**

**What is going to happen to my appearance
if I keep smoking?**

What is going to happen to my health if I keep smoking?

**Describe something which you have seen happen to
another smoker who did not quit.**



**Who is being negatively impacted by my smoking?
Who is breathing in your second hand smoke?**

Why do you want to kick the habit for them?

**What are you most scared of? Complete this sentence:
If I don't stop smoking I am most scared that I will:**



What is my smoking habit costing me?

Smoking is a costly habit. One of the rewards for quitting is the money you will save in the long term. As an incentive along the way you can choose to reward yourself for the incremental progress, you will make.

The average prerolled cigarette costs **\$1.64**

So smoking 5 cigarettes a day costs on average **\$7.45** Over 1 year this = **\$2719.25**

This is the same price as a:

- New iPhone
- New laptop
- Return flight to Europe

What else could you buy with this money?

Calculate how much your habit is costing you

Below we have a space for you to calculate how much money you are currently spending and how much you could save from quitting.

I smoke on average _____ cigarettes per day

This is costing me

\$ _____ per day

\$ _____ per week

\$ _____ per month

\$ _____ per year

\$ _____ over 5 years

What are 3 things you could do with this money?

1.

2.

3.



Thinking about your smoking habits

In the smoking handbook, we have talked a lot about triggers. If you haven't read this yet, please take a look.

Thinking about your day and what triggers you to smoke is an important part of creating a system for quitting.

**In which situations do you feel most likely to smoke?
This might be at the pub or when you drink a coffee?**

What are 2 things you can do to avoid smoking in this situation? Can you avoid the situation or ask a friend for support?

1.

2.

Quitting is a process.

Reducing the number of cigarettes you smoke is a significant step you should feel proud of.

**What would be the easiest cigarette to cut out?
Maybe the smoke in the morning or before bed?**

Slowly changing patterns is an essential part of progress so committing to this small change is a great step. Throughout the 3 weeks see if you can **commit to always resisitng the cigarette identified above.**

How can you reward yourself for reducing the number of cigarettes you smoke by changing this small habit?



“Breaking the Mental Cycle with a Flick”

“Give Nicotine the flick!”

For this simple activity, you will need a wrist band (elastic or rubber flick band). Purchase or use what you have at home. Place the elastic band on your wrist (right or left, it doesn't matter). Your elastic band has a name - it's called NIC (short for NICOTINE). The next time you crave a smoke, we want you to give NIC a flick.

NIC (short for NICOTINE). The next time you crave a smoke, we want you to give NIC a flick.



There are a few reasons for this:

- **It helps you identify when you have the most cravings**
- **It breaks the mental cycle - that is: think of cigarette, reach for a cigarette, smoke cigarette.**

Each time you flick your band and resist a cigarette, smile. Really, do it, put a smile on your face, it releases endorphins and you should reward yourself for resisting a craving. Every time you flick that band you have demonstrated that you have the strength to quit.

Throughout the 3 weeks please wear your band Mon - Friday. If possible, wear it outside of hours.

TIP: To be successful in your challenge, you will have to overcome serious cravings out of working hours! This is when you are most at risk, because you're 'programmed' to smoke.

So - at these times, give your elastic band TWO flicks - 2 NIC HITS each time you're tempted.



Smoking challenges

We have created a new smoking challenge for you to try out each week. Each challenge has been designed to get you to think about how you smoke in a different context. Some of the challenges are designed to be confronting so that you can connect with what smoking is truly costing you.

We know that this isn't going to be an easy road, but it will be worthwhile. Thank you again for taking the time to go through this program. You are doing a great thing just by getting started.

If you need any help, please reach out to your smoking sponsor, a friend or the smoking quitline. You are not alone.

WEEK 1
"Give Nicotine the flick"

WEEK 2
Hearing another perspective

WEEK 3
Spreading the message



Before you get started:

We know this is going to be a tough process. You don't need to be perfect; we're just looking for progress. Don't get disheartened if you have a bad day; what matters is that you keep trying. Every step towards your smoke-free goal helps. Reflection is an integral part of the process. Nobody is perfect, you might make mistakes, but you will keep learning along the way.

MY PLEDGE

So now that you have gone through the booklet, filled out the reflection spreads and taken a look at the challenges, you are probably feeling like this might be a challenging 3 weeks. It will be - but don't worry if you make a mistake! The goal is progress and to keep trying. So before you start the challenge, read the pledge below and sign it for yourself.

MY NAME

START DATE

My goal is progress not perfection. I pledge to myself that I will not give up. Even if I make a mistake each day I will keep trying. I deserve a smoke free future.

SIGNED:



WEEK 1 CHALLENGE

Facing the problem

This challenge is in three parts. To complete this challenge, you will have to recruit a good mate – or someone who really loves you!

Part One

Stand very closely in front of a mirror and watch yourself smoke a whole cigarette. Blow the smoke directly at your own reflection in the mirror. Afterwards ask yourself if you liked what you saw in the mirror.

Part Two

Ask your friend/partner to stand in front of you whilst you smoke a whole cigarette, blowing the smoke into their face. Afterwards, ask your friend/partner how they feel, and ask yourself, how this experience has made you feel.

Part Three

When you next sit down to eat a meal, light and smoke a whole cigarette. Blow the smoke directly over the plate of food in front of you. Afterwards, see how this made you feel and see whether you're still hungry.

How did you feel watching yourself smoke?

What did your partner or friend say about having smoke blown on them?

Did smoking over your food make you see the toxicity of smoking differently?



WEEK 2 CHALLENGE

Hearing another perspective

This challenge may be a bit out of your comfort zone – but try to push yourself, this could be a rewarding experience!

You have a choice of listening to either:

- **a child - or**
- **an ex-smoker**

To talk about smoking

Your challenge is to LISTEN to what the child or the ex-smoker has to say about smoking. You must not argue or disagree with them - you must just listen very carefully to what they have to say.

Afterwards, you must repeat what the child or ex-smoker has said about smoking, to whoever you next talk with – either at home, school, work or social engagement – and you must not light up a cigarette.

What did they say which you found surprising?

If you could only remember one thing they said, what would you choose? What was the most important message they shared?

Who are you going to share this message with? Why do you think it will benefit them?

How did you feel sharing this message?



WEEK 3 CHALLENGE

Sharing your knowledge

You have worked really hard over the last 3 weeks. You should congratulate yourself for putting in the work. Even if you have only cut back a little bit, you have still started a process, and you should feel very proud.

For the last challenge, we would like you to share your experience with a young person who has not started smoking but may be at risk.

We have made some questions for you to answer on the right-hand page. You could talk to the young person about these points or create some of your own.

You are in a position to be able to help the next generation before they start smoking. The strength and support that you can offer may be the difference in whether or not they start smoking. You might be able to save them from going through some of the pain you have gone through.

If you could go back in time, what would you have said to yourself about smoking?

What do you know now about smoking and addiction that you wish you knew back then?

Who is someone they can turn to for support with quitting smoking?

Who is someone they can turn to for support with other stresses in their life?



“

**You are
greater
than your
addiction.**

NASIA DAVOS

WEEK 1



MORNING Frame the Day

Week 1: Day 1

____ / ____ / ____

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When your cravings hit, WRITE down the strategy you are going to use today to avoid smoking when you are triggered, and cravings hit.

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NIGHT Daily wrap up

How many cigarettes did I smoke today? _____

I would rate my effort today as a _____ out of 10

Where can you improve? If you slipped up, how can you improve tomorrow? If you resisted all day is there any way you could reduce triggers to help make resisting easier?

Celebrate a win: Describe one situation where you resisted the temptation to smoke. How did you resist and how did you feel when you said no?

Always remember, perfection isn't the aim! Every little step is progress. A slip-up isn't failure if you keep on trying.



MORNING Frame the Day

Week 1: Day 2

____ / ____ / ____

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MORNING Frame the Day

Week 1: Day 3

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MORNING Frame the Day

Week 1: Day 4

____ / ____ / ____

Start with your WHY. Write down one reason you want to quit. Take a minute to pause and connect with why this is valuable to you. Come back to this reason during the day when cravings hit.

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MORNING Frame the Day

Week 1: Day 5

____ / ____ / ____

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MORNING **Frame the Day**

Week 1: Day 6

____ / ____ / ____

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MORNING Frame the Day

Week 1: Day 7

____ / ____ / ____

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Week 1 Reflection

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Congratulations on getting through your first week! We hope that you have found this process useful. If you have feedback please share it with your warden we want to make this program the best we can for you.



“

**One of the
hardest things
was learning
that I was worth
recovery.”**

DEMI LOVATO

WEEK 2



MORNING Frame the Day

Week 2: Day 1

____ / ____ / ____

Start with your WHY. Write down one reason you want to quit. Take a minute to pause and connect with why this is valuable to you. Come back to this reason during the day when cravings hit.

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MORNING Frame the Day

Week 2: Day 2

____ / ____ / ____

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MORNING Frame the Day

Week 2: Day 3

____ / ____ / ____

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MORNING Frame the Day

Week 2: Day 4

____ / ____ / ____

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MORNING Frame the Day

Week 2: Day 5

____ / ____ / ____

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MORNING Frame the Day

Week 2: Day 6

____ / ____ / ____

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MORNING Frame the Day

Week 2: Day 7

___ / ___ / ___

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Week 2 Reflection

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What strategy worked to help you resist the nicotine cravings? Maybe you called the quitline or changed your environment or routine?

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“

**Recovery
is hard.
Regret is
harder.**

BRITTANY BURGUNDER

WEEK 3



MORNING Frame the Day

Week 3: Day 1

____ / ____ / ____

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MORNING **Frame the Day**

Week 3: Day 2

____ / ____ / ____

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NIGHT **Daily wrap up**

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MORNING Frame the Day

Week 3: Day 3

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MORNING Frame the Day

Week 3: Day 4

____ / ____ / ____

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MORNING Frame the Day

Week 3: Day 5

____ / ____ / ____

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MORNING Frame the Day

Week 3: Day 6

____ / ____ / ____

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MORNING Frame the Day

Week 3: Day 7

____ / ____ / ____

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Week 3 Reflection

So your third week has wrapped up. Time to look back and think about what worked and what didn't.

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Congratulations on getting through your first week! We hope that you have found this process useful. If you have feedback please share it with your warden we want to make this program the best we can for you.

Progress Journal

Congratulations you have completed the 3 week program!

Take a minute to congratulate yourself!

Whether you quit smoking, cut back or just went to the trouble of filling out this journal, you have taken steps in the right direction.

Quitting is hard, especially on your own. So if you know someone going through the same thing, help them out with the lessons you've learned here.



[Back to the Start](#)